

S.A.D.Q.                      Name . . . . .

   Age . . . . .

   Sex . . . . .

First of all, we would like you to recall a recent month when you were drinking heavily in a way which, for you, was fairly typical of a heavy drinking period. Please fill in the month and the year.

MONTH . . . . . YEAR . . . . .

We would like to know more about your drinking during this time and during other periods when your drinking was similar. We want to know how often you experienced certain feelings. Please reply to each statement by putting a circle around ALMOST NEVER or SOMETIMES or OFTEN or NEARLY ALWAYS after each question.

First we want to know about the physical symptoms that you have experienced first thing in the morning during these typical periods of heavy drinking.

PLEASE ANSWER EVERY QUESTION

- 1. During a heavy drinking period, I wake up feeling sweaty.  
ALMOST NEVER    SOMETIMES            OFTEN            NEARLY ALWAYS
- 2. During a heavy drinking period, my hands shake first thing in the morning.  
ALMOST NEVER    SOMETIMES            OFTEN            NEARLY ALWAYS
- 3. During a heavy drinking period, my whole body shakes violently first thing in the morning if I don't have a drink.  
ALMOST NEVER    SOMETIMES            OFTEN            NEARLY ALWAYS
- 4. During a heavy drinking period, I wake up absolutely drenched in sweat.  
ALMOST NEVER    SOMETIMES            OFTEN            NEARLY ALWAYS

The following statements refer to moods and states of mind you may have experienced first thing in the morning during these periods of heavy drinking.

- 5. When I'm drinking heavily, I dread waking up in the morning.  
ALMOST NEVER    SOMETIMES            OFTEN            NEARLY ALWAYS
- 6. During a heavy drinking period, I am frightened of meeting people first thing in the morning.  
ALMOST NEVER    SOMETIMES            OFTEN            NEARLY ALWAYS
- 7. During a heavy drinking period, I feel at the edge of despair when I awake.  
ALMOST NEVER    SOMETIMES            OFTEN            NEARLY ALWAYS
- 8. During a heavy drinking period I feel very frightened when I awake.  
ALMOST NEVER    SOMETIMES            OFTEN            NEARLY ALWAYS

The following statements also refer to the recent period when your drinking was heavy, and to periods like it.

9. During a heavy drinking period, I like to have a morning drink.

ALMOST NEVER    SOMETIMES    OFTEN    NEARLY ALWAYS
10. During a heavy drinking period, I always gulp my first few morning drinks down as quickly as possible.

ALMOST NEVER    SOMETIMES    OFTEN    NEARLY ALWAYS
11. During a heavy drinking period, I drink in the morning to get rid of the shakes.

ALMOST NEVER    SOMETIMES    OFTEN    NEARLY ALWAYS
12. During a heavy drinking period, I have a very strong craving for a drink when I awake.

ALMOST NEVER    SOMETIMES    OFTEN    NEARLY ALWAYS

Again the statements refer to the recent period of heavy drinking and the periods like it.

13. During a heavy drinking period, I drink more than a quarter of a bottle of spirits per day (4 doubles or 1 bottle of wine or 4 pints of beer).

ALMOST NEVER    SOMETIMES    OFTEN    NEARLY ALWAYS
14. During a heavy drinking period, I drink more than half a bottle of spirits per day (or 2 bottles of wine or 8 pints of beer).

ALMOST NEVER    SOMETIMES    OFTEN    NEARLY ALWAYS
15. During a heavy drinking period, I drink more than one bottle of spirits per day (or 4 bottles of wine or 15 pints of beer).

ALMOST NEVER    SOMETIMES    OFTEN    NEARLY ALWAYS
16. During a heavy drinking period, I drink more than two bottles of spirits per day (or 8 bottles of wine or 30 pints of beer).

ALMOST NEVER    SOMETIMES    OFTEN    NEARLY ALWAYS

IMAGINE THE FOLLOWING SITUATION:  
(1) You have been COMPLETELY OFF DRINK for a FEW WEEKS  
(2) You then drink VERY HEAVILY for TWO DAYS

HOW WOULD YOU FEEL THE MORNING AFTER THOSE TWO DAYS OF HEAVY DRINKING?

17. I would start to sweat.

NOT AT ALL    SLIGHTLY    MODERATELY    QUITE A LOT
18. My hands would shake.

NOT AT ALL    SLIGHTLY    MODERATELY    QUITE A LOT
19. My body would shake.

NOT AT ALL    SLIGHTLY    MODERATELY    QUITE A LOT
20. I would be craving for a drink.

NOT AT ALL    SLIGHTLY    MODERATELY    QUITE A LOT